



East Boulder Recreation Center Lap Pool

September 14 - 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Lap Swim 5:30-11:00		Lap Swim 5:30-11:00		Lap Swim 7:30-9:15	
6:00am	BAM 5:40-7:00 *2 lanes		BAM 5:40-7:00 *2 lanes		BAM 5:40-7:00 *2 lanes		
6:30am							
7:00am	Lap Swim 7:00-9:15		Lap Swim 7:00-9:15		Lap Swim 7:00-9:15		
7:30am							
8:00am							
8:30am							
9:00am							
9:30am	H ² O Fit *5 lanes		H ² O Fit *5 lanes		H ² O Fit *5 lanes		
10:00am	Lap Swim 9:45-12:00	Lap Swim 9:45-12:00	Lap Swim 9:45-12:00				
10:30am							
11:00am							
11:30am							
12:00pm	BAM 12:00-1:00 *4 lanes	BAM 12:00-1:00 *5 lanes	BAM 12:00-1:00 *5 lanes	Lap Swim 11:30-5:30	D3 12:00-3:00 *6 lanes 9/14 only		
12:30pm							
1:00pm	Lap Swim 1:00-4:00	Lap Swim 12:00-4:00	Lap Swim 12:00-4:00				
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm					Lap Swim 3:00-7:30		
4:00pm	Boulder Swimming 4:00-6:00 *2 lanes	Boulder Swimming 4:00-5:30 *2 lanes	Boulder Swimming 4:00-6:00 *2 lanes			Boulder Swimming 4:00-6:00 *2 lanes	
4:30pm							
5:00pm							
5:30pm							
6:00pm	6:00-7:30 *3 lanes	6:00-6:40 *4 lanes	6:00-7:30 *3 lanes	EXPAND & Bldr Swim 6:00-7:00 *2 lanes		6:00-7:30 *3 lanes	
6:30pm		6:40-7:30 *3 lanes					7:00-7:30 *6 lanes
7:00pm							
7:30pm	Rev Run 7:30-8:30 *5 lanes	Lap Swim 7:30-9:00	H ₂ O Polo 7:30-8:30 *4 lanes	Lap Swim 7:30-9:00		Lap Swim 7:30-9:00	
8:00pm	Lap Swim		Lap Swim				
8:30pm							
9:00pm							

*Indicates # of lap lanes available to public for lap swimming

****POOL SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME****

For more information call 303-441-4400 or go to www.boulderaquatics.org